

Below are the behaviors you may need to modify in order to be successful treating insomnia.

Limit your activities in bed to just sleep and sex.

- What activities are you currently doing in bed that you need to stop?
 - Examples include eating in bed, playing with your smartphone, and watching TV.

Don't get into bed until you are sleepy.

- What does sleepy mean?
 - I can barely keep my eyes open.
 - I keep nodding off.
 - I keep yawning.
- What does tired mean?
 - I'm mentally exhausted from that meeting today.
 - I'm worn out from the gym today.



Get out of bed if you are unable to fall asleep within 20 minutes.

- What activities can you do if you don't fall asleep within 20 minutes of going to bed.
 - Examples include making a to-do list, light stretching, or folding laundry.

Eliminate napping.

- How does napping impact your sleep need?
- What activities can you do to keep you from napping?
 - Examples include taking a short walk, doing a chore, or walking the dog.

NOTE: If you feel sleepy and have to operate a vehicle, machinery, or perform any activity where your or someone else's safety is in danger, take a nap.